

SPRING 2024



Delaware Valley Adult & Community Education

Educating for Life's Journey



Nathan Kroptavich, Director
Barbara Sudano, Secretary
DV-ACE, 258 Rt. 6 & 209
Delaware Valley School District
Milford, PA 18337
(570) 296-3615
dvace@dvsd.org

DELAWARE VALLEY ADULT & COMMUNITY EDUCATION

The Delaware Valley School District is an equal opportunity agency and does not discriminate because of race, color, national origin, religion, age, gender, marital status, or non-relevant handicaps and disabilities as defined by law.

REGISTRATION INFORMATION

Please be aware, DV-ACE registration can now be completed online using a credit or debit card. Visit https://www.dvsd.org/ and click on DV-ACE under the Our District tab at the top of the page. If unable to register online, please mail the form on the last page of this catalog to DV-ACE along with your payment.

Notice to All Participants:

Non-residents are required to pay a \$20.00 non-resident fee for each class they are registering for, with a maximum amount of \$60.00 per participant or family per year. Notifications will NOT be mailed prior to the start of classes. Keep this catalog for the start date, time, and location information. Courses that do not have sufficient enrollment may be cancelled. You will be notified only if your class is cancelled, and your registration fee will be refunded. All participants are responsible to provide their own project materials and/or textbooks to be discussed in class. NO REFUNDS will be given after the first class begins! All courses have limited enrollments. If you have any questions please contact Barbara Sudano at (570) 296-3615 or dvace@dvsd.org.

Abbreviations Used in This Catalog

- DVES — Delaware Valley Elementary School, 500 Ave. S., Matamoras, PA
DVMS — Delaware Valley Middle School, 258 Rt. 6 & 209, Milford, PA
DVHS — Delaware Valley High School, Rt. 6 & 209, Milford, PA
DDPS — Dingman-Delaware Primary School, Rt. 739, Dingmans Ferry, PA
DDES — Dingman-Delaware Elementary School, Rt. 739, Dingmans Ferry, PA
DDMS — Dingman-Delaware Middle School, Rt. 739, Dingmans Ferry, PA
SES — Shohola Elementary School, Twin Lakes Rd., Shohola, PA
ARC — American Red Cross
TBA — To Be Announced; TBD — To Be Determined
THE DAYS OF THE WEEK are listed as M (Monday); T (Tuesday); W (Wednesday); R (Thursday); F (Friday); S (Saturday)

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WEATHER RELATED CANCELLATIONS:

For weather related information please check www.dvsd.org or DVSD social media accounts (Facebook, Twitter, etc.)
If DVSD has a delayed start, Early Morning Swim is cancelled. If school is cancelled or there is an early dismissal, all DV-ACE evening classes are cancelled.
If a class is cancelled, the next class to be held follows the schedule that is posted in this catalog.

DV-ACE OFFICE HOURS ARE:
MONDAY-FRIDAY
8:00AM - 1:30PM

CONTACT INFORMATION:
Barbara Sudano (570) 296-3615
OR EMAIL: DVACE@DVSD.ORG

KEEP THIS CATALOG FOR START DATE, TIME, AND LOCATION INFORMATION



PERSONAL ENRICHMENT

COURSE: #201 Sewing Level 2
ROOM: P4 **DAY: T**
BLDG: DVHS **TIME: 5:00-6:30pm**
OF SESSIONS: 5 **COST: \$50.00**
AGE REQUIREMENT: Adults
SCHEDULED CLASSES: Mar 26; Apr 2,16,23,30

COURSE DESCRIPTION: Participants will learn the basics to the craft of timeless sewing. You will learn how to wind a bobbin, thread your machine and basic stitches. You will use these skills to follow a simple pattern and make other easy sewing items as your ability allows. This class is perfect for those with little or no experience in sewing.



Participants must bring their own sewing machine (and manual if possible), one (1) yard of fabric, thread to match with a bobbin for your machine, and a fabric cutting tool (scissors).

INSTRUCTOR: Mercena Ross



COURSE: #202 S.E.A.L.S.: Social Education and Life Skills
ROOM: E4 **DAY: M**
BLDG: DVMS **TIME: 4:30-6:30pm**
OF SESSIONS: 10 **COST: \$130.00**
AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Feb 5,12,26; Mar 4,11,18,25; April 8,15,22
COURSE DESCRIPTION: This course introduces and practices a variety of life skills. Skills are targeted to increase social independence in the community.

Each participant will be required to bring a \$40.00 material fee to the first date of the course.

Limited to 12 participants

INSTRUCTORS: Karen Orgitano and Caylyn Bush



COURSE: #203 Basic Beadweaving
ROOM: M1 **DAY: M**
BLDG: DVHS **TIME: 6:00-7:00pm**
OF SESSIONS: 6 **COST: \$60.00**
AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Mar 4,11,18,25; April 8,15

COURSE DESCRIPTION: In this course, students will learn 3 basic stitches: Ladder, Brick and Peyote. With these skills, students will be able to create beautiful pieces including rings, earrings, bracelets and more. Each student will create a pair of earrings with the materials provided.

Each participant will be required to bring a \$10.00 materials fee to the first course.

Limited to 15 participants

INSTRUCTOR: Todd Newman

WEATHER RELATED CANCELLATIONS:

For weather related information please check www.dvsn.org or DVSD social media accounts (Facebook, Twitter, etc.)

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FITNESS & RECREATION



COURSE: #301 Adult Volleyball
ROOM: Gym **DAY: W**
BLDG: DVES **TIME: 7:00pm - 9:00pm**
OF SESSIONS: 8 **COST: \$55.00**
AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Apr 10,17,24; May 1,8,15,22, & 29
COURSE DESCRIPTION: A great way to exercise and play recreational volleyball. Course is designed for those with adequate skills in volleyball.
INSTRUCTOR: Scott Palermo

COURSE: #302 Women's Basketball
ROOM: Freshman Gym **DAY: F**
BLDG: DVHS **TIME: 6:00pm-7:30pm**
OF SESSIONS: 3 **COST: \$30.00**
AGE REQUIREMENTS: Adults

SCHEDULED CLASSES: Feb 2, 23, & Mar 1
COURSE DESCRIPTION: This course will provide an opportunity for women to shoot some hoops, play some pick up basketball games and hang out with friends on the court. Participants should wear sneakers and plenty of water. Come join us and have some fun!

INSTRUCTORS: Lindsay Gonzalez & Amanda Holtzer



COURSE: #303 Introduction to Youth Track
ROOM: Track **DAY: W & R**
BLDG: DVHS **TIME: 5:30pm-6:30pm**
OF SESSIONS: 12 **COST: \$40.00**
AGE REQUIREMENTS: Boys and Girls, Grades 3 - 6

SCHEDULED CLASSES: April 3,10,17,24; May 1,8,9,15,16,22,23,29
COURSE DESCRIPTION: Gold, Silver, Bronze! Speed, Power, Endurance! Youth Spring Track is bigger and better! Athletes will learn sprints, throwing, jumping and distance events, and compete in 4 mini track meets. Athletes will compete for prizes and medals! Participants should be prepared with running attire, shoes and water. Please bring a \$15 materials fee the first week.

INSTRUCTORS: Keith Fitzpatrick, Justin Roselli, & Lucia Schrag



COURSE: #304 Youth Wrestling
ROOM: Adaptive Gym **DAY: T & F**
BLDG: DDMS **TIME: 6:00pm-7:30pm**
OF SESSIONS: 13 **COST: \$15.00**
AGE REQUIREMENTS: Boys and Girls, Grades K - 6

SCHEDULED CLASSES: Feb 16,20,23,27; Mar 1,5,8,12,15,19,22,26,29
COURSE DESCRIPTION: Youth Wrestling will help wrestlers learn how to build their strength and skills. Participants should bring headgear, wrestling shoes, shorts and t-shirts. Please bring plenty of water.
NEW WRESTLERS WELCOME!!

Limited to 30 participants

INSTRUCTORS: Jesse Jayne, Adam Manzoni, & Lou DeLauro

KEEP THIS CATALOG FOR START DATE, TIME, AND LOCATION INFORMATION



AQUATICS & SWIMMING

AQUATICS & SWIMMING

TO ENSURE MAXIMUM SAFETY IN THE WATER, ALL SWIMMERS WITH LONG HAIR MUST WEAR A BATHING CAP OR TIE BACK THEIR HAIR. THIS WILL ALLOW FOR PROPER BREATHING AND VISION.



COURSE: #401 **ARC - Parent & Child Aquatics**
ROOM: Natatorium **DAY: S**
BLDG: DVHS **TIME: 1:30pm - 2:00pm**
OF SESSIONS: 7 **COST: \$55.00**
AGE REQUIREMENTS: Ages 18 to 36 months
SCHEDULED CLASSES: Mar 23; Apr 6, 13, 20, 27; May 4, 11
COURSE DESCRIPTION: Familiarize young children from 18 to 36 months with the water and prepare them to learn to swim. It is not designed to teach children to become good swimmers or how to survive in the water on their own. Registration for this course requires that the child be toilet trained and a parent accompany his/her child in the water during instruction. Limited to 8 students.
INSTRUCTOR: Sabrina Amigo

COURSE: #404 **ARC - Preschool Aquatics Level 2**
ROOM: Natatorium **DAY: S**
BLDG: DVHS **TIME: 12:30pm - 1:00pm**
OF SESSIONS: 7 **COST: \$55.00**
AGE REQUIREMENTS: Ages 3 to 5
SCHEDULED CLASSES: Mar 23; Apr 6, 13, 20, 27; May 4, 11
COURSE DESCRIPTION: Build on the basic aquatic skills learned in Preschool Level 1 and is intended for children between the ages of 3 and 5 years old. Prerequisite: Students in this course must successfully complete a prior Preschool Aquatics course. Limited to 8 students.
INSTRUCTOR: Adalyn Ross

COURSE: #402 **ARC - Preschool Aquatics Level 1**
ROOM: Natatorium **DAY: S**
BLDG: DVHS **TIME: 9:00am - 9:30am**
OF SESSIONS: 7 **COST: \$55.00**
AGE REQUIREMENTS: Ages 3 to 5
SCHEDULED CLASSES: Mar 23; Apr 6, 13, 20, 27; May 4, 11
COURSE DESCRIPTION: Familiarize preschool-age children with the aquatic environment and help them acquire rudimentary levels of basic aquatic skills. This course is intended for children between the ages of 3 and 5 years old. There are no skill prerequisites for Preschool Aquatics Level 1. Limited to 8 students.
INSTRUCTOR: Adalyn Ross

COURSE: #405 **ARC - Preschool Aquatics Level 3**
ROOM: Natatorium **DAY: S**
BLDG: DVHS **TIME: 10:00am - 10:30am**
OF SESSIONS: 7 **COST: \$55.00**
AGE REQUIREMENTS: Ages 3 to 5
SCHEDULED CLASSES: Mar 23; Apr 6, 13, 20, 27; May 4, 11
COURSE DESCRIPTION: Increase proficiency and to build on the basic aquatic skills learned in a prior Preschool Aquatics course. This course is intended for children between the ages of 3 and 5 years old. Prerequisite: students in this course must be able to glide through the water, roll onto their backs, and float. Limited to 8 students.
INSTRUCTOR: Adalyn Ross

COURSE: #403 **ARC - Preschool Aquatics Level 2**
ROOM: Natatorium **DAY: S**
BLDG: DVHS **TIME: 9:30am - 10:00am**
OF SESSIONS: 7 **COST: \$55.00**
AGE REQUIREMENTS: Ages 3 to 5
SCHEDULED CLASSES: Mar 23; Apr 6, 13, 20, 27; May 4, 11
COURSE DESCRIPTION: Build on the basic aquatic skills learned in Preschool Level 1 and is intended for children between the ages of 3 and 5 years old. Prerequisite: Students in this course must successfully complete a prior Preschool Aquatics course. Limited to 8 students.
INSTRUCTOR: Adalyn Ross

COURSE: #406 **ARC - Preschool Aquatics Level 3**
ROOM: Natatorium **DAY: S**
BLDG: DVHS **TIME: 1:00pm - 1:30pm**
OF SESSIONS: 7 **COST: \$55.00**
AGE REQUIREMENTS: Ages 3 to 5
SCHEDULED CLASSES: Mar 23; Apr 6, 13, 20, 27; May 4, 11
COURSE DESCRIPTION: Increase proficiency and to build on the basic aquatic skills learned in a prior Preschool Aquatics course. This course is intended for children between the ages of 3 and 5 years old. Prerequisite: students in this course must be able to glide through the water, roll onto their backs, and float. Limited to 8 students.
INSTRUCTOR: Adalyn Ross

WEATHER RELATED CANCELLATIONS:

For weather related information please check www.dvsa.org or DVSA social media accounts (Facebook, Twitter, etc.)

If DVSA has a delayed start, Early Morning Swim is cancelled. If school is cancelled or there is an early dismissal, all DV-ACE evening classes are cancelled. If a class is cancelled, the next class to be held follows the schedule that is posted in this catalog.

IMPORTANT REMINDER TO PARENTS

Please register your child(ren) for the appropriate age/ability level. We reserve the right to move students to a different level swim class at the instructor's discretion.



AQUATICS & SWIMMING

IMPORTANT REMINDER TO PARENTS

Please register your child(ren) for the appropriate age/ability level. We reserve the right to move students to a different level swim class at the instructor's discretion.

COURSE: #407 ARC - Learn to Swim Level 1 - Tadpoles
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 10:30am - 11:15am
OF SESSIONS: 7 **COST:** \$65.00
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar 23; Apr 6, 13, 20, 27; May 4, 11
COURSE DESCRIPTION: A Level 1 course is designed to familiarize participants with the aquatic environment and help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water. Limited to 8 students.
INSTRUCTOR: Adalyn Ross

COURSE: #408 ARC - Learn to Swim Level 1 - Tadpoles
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 11:15am - 12:00pm
OF SESSIONS: 7 **COST:** \$65.00
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar 23; Apr 6, 13, 20, 27; May 4, 11
COURSE DESCRIPTION: A Level 1 course is designed to familiarize participants with the aquatic environment and help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water. Limited to 8 students.
INSTRUCTOR: Adalyn Ross

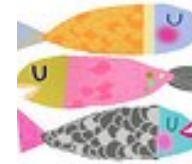
COURSE: #409 ARC - Learn to Swim Level 2 - Guppies
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 10:00am - 11:00am
OF SESSIONS: 7 **COST:** \$80.00
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar 23; Apr 6, 13, 20, 27; May 4, 11
COURSE DESCRIPTION: A Level 2 course is designed to build on the basic aquatic skills and water safety skills and concepts learned in Level 1. Participants begin gaining rudimentary propulsive skills on both the front and back. This level marks the beginning of independent aquatic locomotion skills. Limited to 10 students.
INSTRUCTOR: Sabrina Amigo

IF THE COURSE YOU'RE TRYING TO REGISTER FOR IS FULL, PLEASE EMAIL DVACE@DVSD.ORG OR CALL 570-296-3615.

AQUATICS & SWIMMING

TO ENSURE MAXIMUM SAFETY IN THE WATER, ALL SWIMMERS WITH LONG HAIR MUST WEAR A BATHING CAP OR TIE BACK THEIR HAIR. THIS WILL ALLOW FOR PROPER BREATHING AND VISION.

COURSE: #410 ARC - Learn to Swim Level 2 - Guppies
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 12:30pm - 1:30pm
OF SESSIONS: 7 **COST:** \$80.00
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar 23; Apr 6, 13, 20, 27; May 4, 11
COURSE DESCRIPTION: A Level 2 course is designed to build on the basic aquatic skills and water safety skills and concepts learned in Level 1. Participants begin gaining rudimentary propulsive skills on both the front and back. This level marks the beginning of independent aquatic locomotion skills. Limited to 10 students.
INSTRUCTOR: Sabrina Amigo



COURSE: #411 ARC - Learn to Swim Level 3 - Minnows
ROOM: Natatorium **DAY:** S
BLDG: DVHS **TIME:** 11:00am - 12:00pm
OF SESSIONS: 7 **COST:** \$80.00
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar 23; Apr 6, 13, 20, 27; May 4, 11
COURSE DESCRIPTION: A Level 3 course is designed to build on the skills learned in Levels 1 and 2. Participants learn to swim the crawl and elementary backstroke at rudimentary proficiency levels and are introduced to the scissor and dolphin kicks. Participants learn the survival float and increase the time duration for treading water. Participants also learn the rules for headfirst entries and begin to learn to enter the water from the seated position at poolside (if the pool is 9 ft. deep or deeper). On successful completion of Level 3, participants achieve basic water competency in a pool environment. Limited to 10 students.
INSTRUCTOR: Sabrina Amigo

PLEASE NOTE: ALL SCHOOL-AGE CHILDREN AND ADULTS MUST USE THE APPROPRIATE LOCKER ROOMS. GIRLS/WOMEN USE THE WOMEN'S LOCKER ROOM, BOYS/MEN USE THE MEN'S LOCKER ROOM.





AQUATICS & SWIMMING

KEEP THIS CATALOG FOR START DATE, TIME, AND LOCATION INFORMATION

COURSE: #412 **ARC - Learn to Swim Level 3 - Minnows**
ROOM: Natatorium **DAY: S**
BLDG: DVHS **TIME: 1:30pm - 2:30pm**
OF SESSIONS: 7 **COST: \$80.00**
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar 23; Apr 6, 13, 20, 27; May 4, 11
COURSE DESCRIPTION: A Level 3 course is designed to build on the skills learned in Levels 1 and 2. Participants learn to swim the crawl and elementary backstroke at rudimentary proficiency levels and are introduced to the scissors and dolphin kicks. Participants learn the survival float and increase the time duration for treading water. Participants also learn the rules for headfirst entries and begin to learn to enter the water from the seated position at poolside (if the pool is 9 ft. deep or deeper). On successful completion of Level 3, participants achieve basic water competency in a pool environment. Limited to 10 students.
INSTRUCTOR: Adalyn Ross



COURSE: #413 **ARC - Learn to Swim Level 4 - Sea Turtles**
ROOM: Natatorium **DAY: S**
BLDG: DVHS **TIME: 2:30pm - 3:30pm**
OF SESSIONS: 7 **COST: \$80.00**
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar 23; Apr 6, 13, 20, 27; May 4, 11
COURSE DESCRIPTION: A Level 4 course is designed to improve participants' proficiency in performing the swimming strokes that were introduced in Level 3. Participants learn to perform these strokes with increased proficiency and swim them for greater distances. In addition, participants learn the arm actions that accompany the scissors kick and breaststroke kick in order to begin performing the sidestroke and breaststroke at rudimentary proficiency levels. Participants also learn the back crawl and butterfly at rudimentary proficiency levels, in addition to the basics of performing a simple open turn at the wall. Limited to 15 students.
INSTRUCTOR: Sabrina Amigo

IMPORTANT REMINDER TO PARENTS

Please register your child(ren) for the appropriate age/ability level.

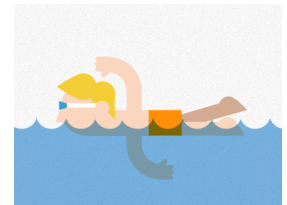
We reserve the right to move students to a different level swim class at the instructor's discretion.



AQUATICS & SWIMMING

COURSE: #414 *** COMBINED CLASS ***
ARC - Learn to Swim Level 5 - Stingrays AND
ARC - Learn to Swim Level 6 - Dolphins
ROOM: Natatorium **DAY: S**
BLDG: DVHS **TIME: 9:00am - 10:00am**
OF SESSIONS: 7 **COST: \$80.00**
AGE REQUIREMENTS: Grades K to 12
SCHEDULED CLASSES: Mar 23; Apr 6, 13, 20, 27; May 4, 11
COURSE DESCRIPTION: A Level 5 course is designed to help participants refine their performance of all six swimming strokes (front crawl, back crawl, butterfly, breaststroke, and sidestroke). Participants perform these strokes with increased proficiency and are able to swim them for greater distances. Participants also learn to perform flip turns on the front and the back.
A Level 6 course is designed to help participants refine strokes and turns and build endurance. Three options (Personal Water Safety, Fundamentals of Diving, and Fitness Swimmer) provide participants with the opportunity to learn information and skills for specific aquatic activities. Limited to 25 students.
INSTRUCTOR: Sabrina Amigo

COURSE: #420 **Adaptive Swim Lessons**
ROOM: Natatorium **DAY: S**
BLDG: DVHS **TIME: 3:30pm - 4:15pm**
OF SESSIONS: 7 **COST: \$65.00**
AGE REQUIREMENTS: Ages 3 and above
SCHEDULED CLASSES: Mar 23; Apr 6, 13, 20, 27; May 4, 11
COURSE DESCRIPTION: Individuals with developmental disabilities will become acclimated with the swimming pool environment in a more intimate setting with parent/adult designee assisting in the water. Appropriate flotation devices and assistance will be available based on each participant's needs. This course will be taught by an American Red Cross Water Safety Instructor (WSI) experienced with students who have developmental disabilities.
INSTRUCTOR: Sabrina Amigo



COURSE: #421 **Adult Swim Lessons**
ROOM: Natatorium **DAY: T**
BLDG: DVHS **TIME: 6:00pm - 7:00pm**
OF SESSIONS: 7 **COST: \$55.00**
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Apr 2,9,16,23,30; May 7,14
COURSE DESCRIPTION: New swimmer? Always wanted to learn? Good, but would like to be better? This class is for you, all of you! From beginner to experienced, this class will help if you're looking to learn how, or refine and improve your skills. Basic water safety and survival skills in and around water will be taught. Cap and goggles are optional.
INSTRUCTOR: Sabrina Amigo

PLEASE NOTE: IT IS THE PARENT/GUARDIAN'S RESPONSIBILITY TO MAKE SURE THEIR CHILDREN ARE USING POOL FACILITIES PROPERLY.



AQUATICS & SWIMMING

COURSE: #422 Community Lap Swim
ROOM: Natatorium **DAY:** T & R
BLDG: DVHS **TIME:** 4:30pm - 6:00pm
OF SESSIONS: 23 **COST:** Free to Local Residents
AGE REQUIREMENTS: All Ages
SCHEDULED CLASSES: Mar 19,21,26; Apr 2,4,9,11,16,18,23, 25, 30;
 May 2,7,9,14,16,21,23,28,30; June 4,6
COURSE DESCRIPTION: This course is intended for lap swimming only. There is a fee of \$3 per person per swim for non-residents of the school district. After registration, non-residents will have a pool pass waiting at the pool for pick up at Community Lap Swim.
INSTRUCTOR: Sabrina Amigo



COURSE: #423 Community Swim
ROOM: Natatorium **DAY:** F
BLDG: DVHS **TIME:** 6:00pm - 8:00pm
OF SESSIONS: 12 **COST:** Free to Local Residents
AGE REQUIREMENTS: All Ages
SCHEDULED CLASSES: Mar 1,8,15,22; Apr 5,12,19,26; May 3,10,17,31
COURSE DESCRIPTION: These sessions will be supervised by an adult instructor and several lifeguards. Participants will enjoy freedom of relaxing or exercising at their pace. Limited to 100 participants. There is a fee of \$3 per swim for non-residents of the school district. After registration, non-residents will have a pool pass waiting at the pool for pick up at Community Swim.
INSTRUCTOR: Sabrina Amigo

COURSE: #430 Rusty Hinges
ROOM: Natatorium **DAY:** M & W
BLDG: DVHS **TIME:** 4:00pm - 5:00pm
OF SESSIONS: 19 **COST:** \$85.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Mar 18,20,25,27; Apr 3,8,10,15,17,22,24,29;
 May 1,6,8,13,15,20,22

COURSE DESCRIPTION: A water exercise program designed to increase range of motion in stiffening joints, increase body flexibility, and develop muscular strength. This course will consist of a series of gentle low impact aerobics. Older citizens might like to "Oil Their Rusty Hinges" with this water exercise program. This course will also benefit those who are told to exercise following surgery, fractures, etc. It is not necessary to know how to swim since all workouts are conducted in shallow water. Limited to 20 participants.
INSTRUCTOR: Sabrina Amigo



AQUATICS & SWIMMING



COURSE: #440 Water Aerobics
ROOM: Natatorium **DAY:** M & W
BLDG: DVHS **TIME:** 5:00pm - 6:00pm
OF SESSIONS: 19 **COST:** \$85.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Mar 18,20,25,27; Apr 3,8,10,15,17,22,24,29;
 May 1,6,8,13,15,20,22

COURSE DESCRIPTION: This course is designed to increase cardiovascular activity, body strength, and flexibility through a progressive series of exercises. Limited to 16 students.
INSTRUCTOR: Sabrina Amigo



COURSE: #441 Deep Water Aerobics
ROOM: Natatorium **DAY:** M & W
BLDG: DVHS **TIME:** 6:00pm - 7:00pm
OF SESSIONS: 19 **COST:** \$85.00
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES: Mar 18,20,25,27; Apr 3,8,10,15,17,22,24,29;
 May 1,6,8,13,15,20,22

COURSE DESCRIPTION: This course is designed to increase cardiovascular activity, body strength, and flexibility through a progressive series of exercises in deep water. Aqua belts are used to aid buoyancy. Participants should feel comfortable in deep water for this course. Limited to 14 students.
INSTRUCTOR: Sabrina Amigo

COURSE: #450 Early Morning Swim & Stay Fit - April
#451 Early Morning Swim & Stay Fit - May
ROOM: Natatorium **DAY:** M & W
BLDG: DVHS **TIME:** 6:30am-7:30am
OF SESSIONS: Varies **COST:** SEE BELOW
AGE REQUIREMENTS: Adults
SCHEDULED CLASSES / COST:
 #450 Apr 3,8,10,15,17,22,24,29 **COST:** \$40.00
 #451 May 1,6,8,13,15,20,22,29 **COST:** \$40.00

COURSE DESCRIPTION: This course is an adult lap swim for the early riser. Start your day off with a water workout.
INSTRUCTOR: Sabrina Amigo

WEATHER RELATED CANCELLATIONS:

For weather related information please check www.dvsd.org or DVSD social media accounts (Facebook, Twitter, etc.)

If DVSD has a delayed start, Early Morning Swim is cancelled. If school is cancelled or there is an early dismissal, all DV-ACE evening classes are cancelled. If a class is cancelled, the next class to be held follows the schedule that is posted in this catalog.



ATTENTION ALL DV-ACE PARTICIPANTS

Please be advised that all participants in the DV-ACE programs must conduct themselves in a manner that is reflective of the following mission statement while using our school district's facilities:

Delaware Valley School District, in partnership with our community, stands committed to maximizing student potential, fostering life-long learning and promoting responsible citizenship.

Behavior that is contrary to "promoting responsible citizenship," including hateful or profane language, gestures, or any form of harassment will not be tolerated. Any DV-ACE participant engaged in such actions will be met with consequences appropriate to the offense. Depending on the severity of actions, these consequences may include temporary suspension from participation in DV-ACE programming or permanent exclusion from the use of DVSD facilities.

Thank you for your time and attention to this matter.

Respectfully submitted,

Nathan Kroptavich

Nathan Kroptavich
DV-ACE Director





Please be aware, DV-ACE registration can be completed online using a credit or debit card. Visit https://www.dvdsd.org/ and click on DV-ACE under the Our District tab at the top of the page. If unable to register online, please mail the form below to DV-ACE along with your payment.

YOU WILL BE NOTIFIED ONLY IF YOUR CLASS IS CANCELLED - KEEP THIS CATALOG FOR START DATE, TIME, AND LOCATION

IF UNABLE TO REGISTER ONLINE, COMPLETE FORM AND MAIL TO: DV-ACE, 258 ROUTE 6 & 209, MILFORD, PA 18337-9454

Non-Resident Fee: \$ _____

Please Note:

- * Make all checks payable to DV-ACE.
* All out-of-district enrollees must pay a \$20.00 non-resident fee per course, with a maximum of \$60.00 per participant or family per year.
* A separate registration form and check must be completed for each participant and course.

PARTICIPANT'S FIRST NAME: _____ LAST NAME: _____

MAILING ADDRESS: _____

CITY/STATE/ZIP: _____

PHYSICAL ADDRESS (if different): _____

PHONE: _____ EMAIL: _____

COURSE #: _____ COURSE TITLE: _____

COURSE SCHOOL/ROOM LOCATION: _____ COST: _____

GRADE LEVEL (2023-2024) (if applicable): _____ PARENT/GUARDIAN NAME (if applicable): _____

PLEASE NOTE: A separate registration form must be completed for each course and participant! The undersigned acknowledges that he/she is responsible for the proper utilization of the facility and equipment and acknowledges that there are inherent risks and dangers that may arise associated with this Adult/Community Education Class. I, the undersigned, willfully, voluntarily, and intelligently acknowledge the existence of risks in connection with this Adult/Community Education Class, the use of the facility and equipment, the personal injury due to the use of the facility and equipment, and do hereby assume such risk and agree to accept the responsibility for any injuries sustained.

Please sign below:

Signature _____ Date _____

OFFICE USE ONLY:

AMOUNT PD. _____ CASH / CHECK / MONEY ORDER # _____

NAME & ADDRESS IF DIFFERENT FROM ABOVE _____

NOTES _____

Date Received: _____
Received By: _____

YOU WILL BE NOTIFIED ONLY IF YOUR CLASS IS CANCELLED - KEEP THIS CATALOG FOR START DATE, TIME, AND LOCATION

DV-ACE SPRING 2024

LEVEL 200 COURSES **PERSONAL ENRICHMENT**

Sewing Level 2	201
SEALS: Social Education & Life Skills.....	202
Basic Beadweaving.....	203

LEVEL 300 COURSES **FITNESS & RECREATION**

Adult Volleyball	301
Women's Basketball.....	302
Introduction to Youth Track	303
Youth Wrestling.....	304

LEVEL 400 COURSES **AQUATICS & SWIM**

ARC Parent & Child Aquatics	401
ARC Pre-School Aquatics: Levels I - III	402 - 406
ARC Learn to Swim: Levels I - VI	407 - 414
Adaptive Swim Lessons	420
Adult Swim Lessons	421
Lap Swim	422
Community Swim	423
Rusty Hinges	430
Water Aerobics	440
Deep Water Aerobics	441
Early Morning Swim & Stay Fit	450-451

